

ABSTRACT

The present disclosure provides a method/system for facilitating and/or prompting actions on the part of a user. The disclosed method/system utilizes a computer network to communicate with user(s) on a periodic basis to prompt action(s) and the user communicates via the computer network as to responsive action(s) taken. In a preferred embodiment, subsequent prompted action(s) reflect and/or build upon a user's prior action(s) based upon predetermined parameter(s) and/or criteria. The disclosed method/system may be used to promote and/or enhance a user's health fitness and nutrition, and other aspects of the user's life. Personalized information is solicited from the user, and is used to guide the prompts subsequently transmitted to the user. Action menus are provided from which a user may select desired areas of concentration, and the disclosed system/method generally forecloses the possibility that the user will select inappropriate or unhealthy activities based on attributes/limitations of that individual.